Wednesday, September 25, 2013

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Rock stars of the rainforest

We're talking about frogs, of course, and these bad boys and girls are coming to Ottawa for a stint at the Museum of Nature PAGE 4

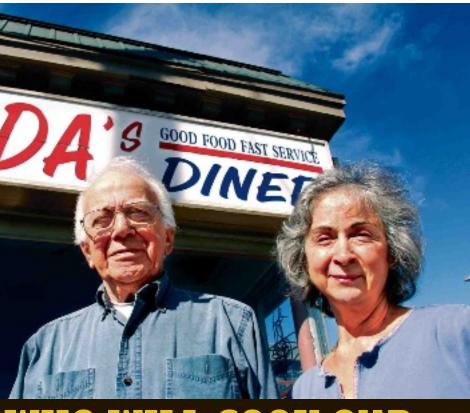
Constitution crib notes

You could create from scratch a document forming the foundation of everything in your newly created country. Or just Google it PAGE 11

UM, WHY DO YOU CARE ABOUT ME SO MUCH?

DON JON STAR SCARLETT
JOHANSSON TALKS ABOUT HOW SHE
DOESN'T UNDERSTAND WHY PEOPLE
ARE SO INTERESTED IN HER LIFE.
AND INTERNET FREEDOM PAGE 13





WHO WILL COOK OUR BREAKFAST NOW?

After 20 years cooking up breakfast for regular folks and a coterie of famous clients, including Mayor Jim Watson, Canadian superband Blue Rodeo, skater Elizabeth Manley and former mayor Larry O'Brien, Ada's Diner owners Wilf and Ada Laham are selling their eatery and retiring. Story, page 4. DENIS ARMSTRONG/FOR METRO

Jailed woman denied cancer treatment wins settlement

Solitary confinement. Human-rights commission deal may

commission deal may lead province to change how it handles prisoners with mental illness

DENIS ARMSTRONG

A mentally ill wo

A mentally ill woman who was denied treatment for terminal cancer when she was jailed in solitary confinement in Ottawa for 210 days was awarded an unspecified amount in damages in a settlement that may change the way Ontario handles mentally ill prisoners.

Christina Jahn filed a complaint against the Ministry of Community Safety and Correctional Services to the Human Rights Tribunal, claiming that the Ottawa Carleton Detention Centre discriminat-

ed against her when it locked her in isolation.

Jahn alleged she spent 23 hours a day in isolation during two separate stays at the Innes Road detention centre during which she missed scheduled surgery and chemotherapy.

Once released, her cancer

Once released, her cancer had become dangerously advanced to the point where she received a mastectomy.

Tuesday's decision means that the province of Ontario will screen inmates for mental illness and train staff to better deal with psychological issues.

It also agreed to conduct a study to measure the need for a secure treatment centre for mentally ill female offenders within 18 months. The province currently operates a 100-bed treatment centre for men, but no such facility exists for women.

Human-rights advocates welcomed Tuesday's decision by the Ontario Human Rights Tribunal as a huge step in the right direction.

Critics of the current system, such as defence lawyer Doug Baum, say the changes are long overdue.

"It's about time," Baum, who heads the Criminal Defence Council, bluntly assessed.

"Jahn isn't the first mentally ill person to experience distress inside the penal system," he said.

"It's no secret to those inside the system."

"It's no secret to those working inside the system that many people who are incarcerated are not there because of criminal intent, but because they are mentally ill and have committed minor infractions.

"They shouldn't be in jail in the first place. They need hospitalization. This decision is a huge gain for the province that spends far too much money on people who should not be in the prison system in the first place. In the end, this will create a huge saving to the province."



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Deadly crash

Train-whistle ban does exist, says city's top lawyer

There is in fact an old City of Nepean bylaw regulating when trains can blow whistles, says City of Ottawa solicitor Rick O'Connor.

Questions were raised following a comment by Rob Johnston, the lead investigator for the Transportation Safety Board looking into last week's deadly VIA Rail and OC Transpo crash.

Johnston said there was a "municipal whistle ban" that prevents the noise at the transitway rail crossing from 8:00 p.m. until noon.

While staff could find no ban in Ottawa's current noise bylaw, the city archivist searched the bylaws of the former City of Nepean and found a bylaw that was approved in 1987, O'Connor wrote. METRO

Pro baseball proposal

Let's play ball, city staff say

A staff report to be considered by Ottawa's finance and economic development committee recommends approving an offer from the Canadian American Association of Professional Baseball to lease the Ottawa Stadium and return professional baseball to the capital, a city news release said.

If approved, international pro baseball would begin in May 2015 with an Ottawa team joining five others in the Can Am league and 50 home games hosted at the Ottawa Stadium. METRO



Alleged killers were after drug stash: Crown

Home-invasion trial. First witness set to testify Wednesday



JOE LOFARO ioe.lofaro@metronews

Three Toronto-area men accused of first-degree murder in the death of 19-year-old Michael Swan stopped Swan's girlfriend from getting him help as he bled on his bedroom floor, an Ottawa jury was told Tuesday.

The trial for two of the accused — Kristopher McLellan, 23, and Kyle Mullen, 23 — opened with Crown pros-

ecutor Dallas Mack laying out his theory of how a night of watching TV on Feb. 22, 2010, suddenly ended with a violent invasion of a Barrhaven home.

The third and fourth accused are expected to be tried separately next year.

The Crown's theory has

not yet been proven and both McLellan and Mullen have pleaded not guilty.

According to the Crown's theory, McLellan, Mullen and a third man — Dylon Barnett — stormed into a home on Moodie Drive demanding drugs and money. Swan was involved in trafficking marijuana, and the masked intruders wanted to know where he

kept the drugs, Mack said.

He asserted that Swan refused to say, so McLellan shot him.

"It pierced his heart and lungs," said Mack. "He would be dead in a minute or two. The evidence will show that this man, the shooter, was Kristopher McLellan."

The masked intruders then asked Swan's girlfriend, Kaitlyn Scott, to give them answers as she tried to aid her bleeding boyfriend.

"They would not let her help Michael. No one ever helped Michael before he died," said Mack.

The intruders held Scott and two other roommates at gunpoint, ransacked the

house and fled with video games, computers and cell-phones, including Scott's BlackBerry, Mack said.

The Crown plans to show that, soon after the incident, Ottawa police tracked the intruders' location using the GPS function on the stolen BlackBerry. Responding OPP officers made an arrest on Highway 401, west of Brockville.

The Crown also told jurors a fourth accused, 21-year-old Carleton University student Sam Tsega, led the three men to Swan's home. Tsega was previously charged with second-degree murder, but a judge upgraded it to first-degree murder on Sept. 13.



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Owners of Ada's Diner hanging up aprons

admit the daily grind of work-

ing 14-hour days has worn

Ada's about to serve her last breakfast.

After 20 years of 5 a.m. wake-up calls and serving hundreds of breakfast and lunch specials seven days a week, Ada Laham and husband Wilf, the couple who have owned Ada's Diner since 1993, will hang up their aprons one last time on Monday before they hand the reins over to Ada's new owner, Works and Za-Za-Za Pizza creator Ion Aimers.

The mom-and-pop greasy spoon located on Bank Street at Arlington has become a regular home away from home for scores of celebrities, politicians, hundreds of Centretown regulars and even the homeless, thanks to the couple's outgoing personality.

But after 20 years, they

of 5 a.m. them down. Wilf, who is 86 and suffers from Crohn's disease, can't handle the hours serving and bussing tables anymore. Meanwhile, Ada, who is 64, admits she is reluctant to leave her post as the restaurant's prep cook and host, but wants to quit before their health issues worsen.

are to take it easy.

"We didn't intend to stay here so long, but we really like our customers," Ada explained. "We have a good time. Sure, it's hard work and the hours are long, but I enjoy seeing the same people everyday. A few regulars have been coming here for 20 years. They don't have to tell me

Their only immediate plans

what they want. They've been our friends. I'll really miss them."

Aimers initially approached the Lahams about buying their restaurant in 2008 because he loved the corner location and its huge, south- and east-facing picture windows. He finally got that call in June, and sealed the deal over a pizza at one of his Za-Za-Za locations.

"The business model will remain basically the same," he promises. "You can get a club sandwich just about anywhere. This business is all about people, and Wilf and Ada treat people like family. They're genuinely good people. They'll be hard to replace."

DENIS ARMSTRONG/FOR METRO







Something to croak about

Ribbit. Colourful yet shy animals put on a show at Museum of Nature

One of nature's most colourful, vocal and yet camera-shy creatures, frogs are the rock stars of the tropical rainforest.

When they aren't screaming for attention with their late-night croakings and psychedelic wardrobe, these environmentally-sensitive amphibians spend most of their day hiding in full view. That's what makes Frogs — A Chorus of Colours, which opens today at the Museum of

A Tomato Frog.

Nature, such a playful experience for the whole family.

Think of it as Frogs — The Vorld Tour.

Created in 2003 by Pennsylvania's Reptiland, the exhibit features more than 80 frogs representing 18 different species from around the world, including the Canadian Wood frog, which produces its own anti-freeze, allowing it to withstand temperatures as low as -10 C, the African bullfrog, a lumpen creature that can weigh as much as a kilogram, and, at the opposite end of the frog spectrum, the brightlycoloured Poison Dart frog, which contains enough venom to kill 10 people.

The frogs are displayed in glass terrariums designed to emulate their natural environment with real moss and running water.

There are more than 4,800 different species of frog found around the world.

"Frogs are among the most visually stunning, vocally interesting, and diverse group of creatures on earth," said Canadian Museum of Nature President Meg Beckel.

Frogs — A Chorus of Colours is at the Museum of Nature until May 11, 2014.

Tickets are \$4. This is its only Canadian stop.





Founding CEO of OHRI lands in medical hall of fame

The Ottawa Hospital Research Institute.

Dr. Ronald Worton's illustrious medical career will be acknowledged with induction



The founding CEO and director of the Ottawa Hospital Research Institute (OHRI) is one of six people to be inducted into Canada's Medical Hall of Fame in 2014.

Dr. Ronald Worton left Toronto's Sick Kids Hospital in 1996 and came to Ottawa where he helped fuse together the research institutes of the Ottawa General Hospital and the Civic Hospital following their merger. By 2001, he was selected as director of what is known today as the OHRI. He remained at the helm for the next six years.

OHRI is now considered one of the top research centres in Canada. The centre lauds him as "a trailblazer" in diseasegene discovery, specifically for his team's discovery of the causal gene for Duchenne and Becker muscular dystrophy.

Worton said he feels "great" knowing that his work is being

recognized by the Canadian

medical community.

"The one thing I like about the Canadian Medical Hall of Fame ... is it's relatively unique in the world — no other country does this," said Worton. "(And) it's permanent like a hockey hall of fame. The recognition that you get is there for people to see forever. It's a physical thing."

physical thing."
Worton also founded the Stem Cell Network in 2001. He said one of his biggest accomplishments during his six-year tenure at OHRI was recruiting approximately 20 scientists who went on to do great work.

"We managed to expand the institute from about a \$25-million-a-year operation in 2001 to \$85 million a year in 2007. We increased the quality of the science dramatically, the number of papers published, the quality of the journals," he said.

Manotick's Dr. Adolfo de Bold will also receive the prestigious honour at the induction ceremony in Kingston on April 24, 2014. He served as vicepresident of research at The Ottawa Hospital and was the inaugural director of the University of Ottawa Heart Institute.

The other four inductees are Dr. Max Cynader (Vancouver), the late Dr. Walter Mackenzie (Edmonton), Dr. Thomas John Murray (Halifax) and Dr. Salim Yusuf (Hamilton).



Time to stub out this fad?

E-cigarettes no panacea for those trying to quit: Study

A recent literature analysis by the University of Ottawa Heart Institute on e-cigarettes in Canada shows no evidence the new devices help smokers quit.

The review, published this week in the Canadian Medical Association Journal, says doctors advising patients about how to quit should keep some things in mind:

- Electronic cigarettes are meant to look like and simulate smoking, they have varying concentrations of flavouring agents and other chemicals. Not all e-cigarettes contain nicotine.
- E-cigarettes are not regulated or approved for sale in Canada.

METRO

Victim pulled into woods

Male youth charged with attacking woman in Gow Park

Ottawa police say they have arrested a male youth for attacking a woman in Gow Park in the city's Beaverbrook area in the west end.

Police say on Monday the boy approached a woman in Gow Park and pulled her into a wooded area. She struggled with the boy until he ran north into Lytle Park. The male was arrested a short time later

The name of the accused cannot be released due to the provisions of the Youth Criminal Justice Act. He has been charged with assault and forcible confinement and is scheduled to appear in court Tuesday.

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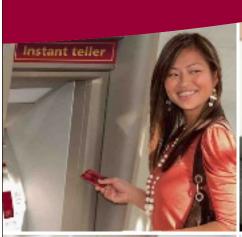
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UN chief: Cut off Syria's weapons

Urgent message.World leaders get a dressing-down: Peace faces a 'challenge'

United Nations Secretary-General Ban Ki-moon sent an impassioned, urgent message to world leaders on Tuesday.

Stop fuelling the bloodshed in Syria with weapons, he said, and get both sides to the negotiating table to end the "biggest challenge to peace and security in the world."

In his state-of-the-world

Quoted

"It's time for Russia and Iran to realize that insisting on Assad's rule will lead directly to the outcome they fear: an increasingly violent space for extremists to operate."

President Barack Obama at the UN

address to open the annual gathering of presidents, prime ministers and monarchs at the UN General Assembly, Ban said the international response to last month's "heinous use of chemical weapons" in Syria "has created diplomatic momentum — the first signs of unity in far too long."

Ban called on the Security Council to adopt an "enforceable" resolution on a U.S.-Russian agreement to put Syria's chemical weapons under international control for destruction.

He also called for help to bring to justice the perpetrators of the Aug. 21 chemical weapons attack outside Damascus. The Associated press

Syria drama

Spanish media man kidnapped

Spain's interior minister says a correspondent from the Spanish newspaper El Periodico has been kidnapped in Syria by an organization linked to al-Oaida

Jorge Fernandez Diaz said Tuesday his ministry was working for the release of Marc Marginedas, 46, who has not been seen since Sept. 4 when the car he and his driver were in was stopped by armed jihadists near Hama.

El Periodico says Marginedas entered Syria from Turkey on Sept. 1. THE ASSOCIATED PRESS

Special visas. Brazil lays out the welcome mat for Syrian refugees

Syrians who want to leave their conflict-wracked nation and travel to Brazil will be granted special visas to travel to Latin America's biggest country, the government said Tuesday.

The government's official gazette announced that the National Committee for Refugees authorized the foreign ministry to issue the visas for "humanitarian reasons."

This will allow Syrians affected by the conflict and the "deterioration of living conditions" to enter Brazil.

Brazil decided to make

Their new life

Brazil has a Syrian immigrant community estimated at about three million.

it easier for Syrians to enter the country given the "major humanitarian crisis" afflicting the country, the "large number of refugees created by the conflict" and the "large number of Syrians seeking refuge in Brazil."

THE ASSOCIATED PRESS

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Panic in streets. People pray for their lives as houses collapse in quake

Thousands of Pakistanis ran into the streets praying for their lives Tuesday as a powerful earthquake rocked a remote southwest area.

The quake killed at least 39 people and possibly created a small island off the coast, officials said.

The Pakistani military said it was rushing troops and helicopters to Baluchistan province's Awaran district, where the quake was centred, and nearby Khuzdar.

Local officials said they

Birth of an island?

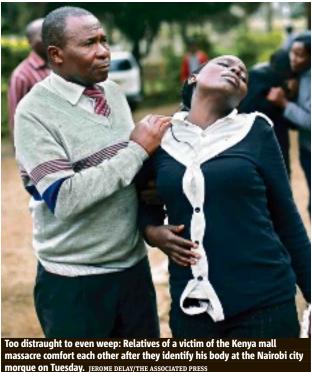
Witnesses reported seeing a small island appear off the port of Gwadar after the quake. The island was said to be about nine metres high and 100 metres long.

were sending doctors, food and 1,000 tents for people who had nowhere to sleep.

THE ASSOCIATED PRESS



Cold-blooded mall killers unleash callous tweets



Kenya atrocity. As bodies pile up and a nation reels in shock, invaders take to Twitter to mock and threaten more horror

As the deadly attack unfolded inside Kenya's Westgate mall, the invading terrorists were callously spreading mayhem on Twitter.

They sent out tweet after cruel tweet, taunting the Kenyan military, defending the mass killings and threatening more bloodshed.

Twitter shut the account down five times. But each time the terror organization al-Shabab started a new feed.

The sixth account was a post Tuesday linking to a photo that purported to show two of the attackers "unruffled and strolling around the mall in such sangfroid manner."

The attack began on Saturday when an estimated 12 to 15 al-Shabab militants invaded the mall.

They wielded grenades and fired on civilians inside the complex, which includes shops for Nike, Adidas and Bose and is popular with foreigners and wealthy Kenyans.

Kenya's President Uhuru Kenyatta said the dead included 61 civilians whose bodies have been recovered so far and six security forces.

Some 175 people were injured, the president said.

THE ASSOCIATED PRESS

Quoted

"Those cowards will meet justice, as will their accomplices and patrons, wherever they are."

Kenya President Uhuru Kenyatta, in a televised address to the nation.



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Disgraced Chinese politician appeals guilty verdict

Bo Xilai. Former Politburo member faces life in prison after being found guilty of bribery, embezzlement and abuse of power

Disgraced Chinese politician Bo Xilai has appealed his guilty verdict, a person close to the case said Tuesday, in a rare move that is consistent with his defiant stance but unlikely to change the outcome.

The person with direct knowledge of the case, but who did not wish to be identified, said the former Politburo member made the appeal orally upon the delivery of the verdict issued by the Jinan Intermediate People's Court in eastern China on Sunday.



allen politician Bo Xilai, centre, is held by police as he stands at the court in nan, China, on Sunday. JINAN INTERMEDIATE PEOPLE'S COURT/THE ASSOCIATED PRESS

World Cup soccer stadium could be used for prisoners

Brazil

A World Cup stadium being built in the isolated Brazilian state of Amazonas may not become a white elephant after all. At least one judge in the area has come up with a post-World Cup use: a prisoner processing centre.

Brazil is readying 12 stadiums for next year's World Cup, and several will be little used after the tourna-

Czech Republic

\$4.5M in fake penis pills seized

Customs officials in the Czech Republic say they have recently seized almost 200,000 fake erectiledysfunction pills at Prague's Vaclav Havel airport. In a statement Tuesday, the administration said it was a record seizure and that the value of the 194,300 Cialis and Viagra pills would have been \$4.5 million US. THE ASSOCIATED PRESS

The court announced that it found Bo guilty of embezzlement, bribery and abuse of power and sentenced him to

life in prison. A copy of the verdict was later delivered to Bo, when he informed the court of his decision to appeal,

the source said.

Chinese law allows appeals to be made orally, and the source said a written appeal to the higher court — Shandong Provincial Supreme People's Court — would also be submitted soon. The associated press



Bronze Fonz approves

British artist David Shrigley's 10-metre bronze thumb sculpture, which is one of six proposals for the fourth plinth in Trafalgar Square, is exhibited Tuesday in St Martin-in-the-Fields Church in London. Six works of art were unveiled in miniature on Tuesday, two of which will eventually be chosen for display on Trafalgar square's empty "fourth plinth," one of the city's major platforms for public art. SEAN DEMPSEY/THE ASSOCIATED PRESS



Teacher takes wrong turn, runs marathon



I'll just run with it. 34-year-old teacher starts the half-race, ends up the first woman to complete the full race



Meredith Fitzmaurice celebrated her win at Sunday's Run for Heroes Marathon in Amherstburg, Ont., despite not having entered the race.

The runner from Belle River, Ont., had signed up for the 21.1-kilometre half marathon, but after a wrong turn landed her on the full marathon course, she just kept going.

"As I was looking at my watch, I was thinking some-

Just do it

"And once he said I was good to go, my adrenaline just kicked in."

Meredith Fitzmaurice, after accidentally winning her first marathon

thing's wrong. Where's the finish line?" she said.

After realizing her mistake, the 34-year-old teacher checked with a race official to see if she would be eligible to

finish.

"The guy was awesome," she said. "And once he said I was good to go, my adrenaline just kicked in."

In the end, Fitzmaurice

finished her very first marathon with a time of 3:11:48. She was the first woman to cross the finish line and 10th overall.

"I didn't even realize I was the first female until people started yelling at me and highfiving me," she said. "Once I crossed the finish line and realized the magnitude of what I had done, I started crying."

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'Hollow Flashlight.' 15-year-old Canadian wins Google science fair

A 15-year-old Victoria student who invented a flashlight powered by body heat is one of the big winners at Google's annual international science fair.

Ann Makosinski won in the 15-16 age category, beating out thousands of other budding young scientists from around the world.

The "Hollow Flashlight" runs off the heat of the hand holding it, using special tiles that generate electricity from

the heat flow between the palm on one side and the ambient air on the other.

The Grade 10 student at St. Michael's University in Victoria says she will explore more ways to use the technology to reduce battery use, including possibly in medical devices.

Makosinski received a \$25,000 scholarship with four other winners at a gala ceremony in California on Monday night. THE CANADIAN PRESS

Edmonton

Police suspect teens overdosed on synthetic marijuana

Two Edmonton-area teenagers are in hospital after overdosing on what is believed to be a designer drug that federal health authorities have warned can potentially kill.

RCMP say they got word Monday afternoon about a 14-year-old boy in St. Albert having seizures in a back alley.

A 16-year-old boy was later reported to be in medical distress at a school parking lot in the city.

The younger teen remains unconscious while the older boy is awake and in stable condition.

Police think the pair used synthetic marijuana, known as K2 or Spice, which Health Canada said in July could trigger a range of traumatic effects that may lead to death.

CHED/THE CANADIAN PRESS

This little Piggy went to the Smithsonian. Kermit's girlfriend joins him in D.C.

Miss Piggy is finally joining her love, Kermit the Frog, in the Smithsonian Institution's collection of Jim Henson's Muppets, and Bert and Ernie will have a place in history, too.

The newest donation

The newest donation from the Henson family includes Miss Piggy, Fozzie Bear, Scooter and the Swedish Chef from The Muppet Show. Muppets from Sesame Street joining the collection include Bert and Ernie,



Elmo, Cookie Monster, Grover and Count Von Count.

THE ASSOCIATED PRESS

metronews.ca Wednesday, September 25, 2013 **BUSINESS**



Need to build a country? Google's got you covered

Politics. Metro talks to product manager Sara 'Scout' Sinclair Brody about a new database of founding documents



Not content with its recent announcement of a life-extension clinic, Google has unveiled a program to help nations create constitutions. Constitute provides a database of every founding document and amendment across the world since 1789, broken down into topics for ease of reference. It has been endorsed by heads of state from Tunisia and Kyrgyzstan, and Sara "Scout" Sinclair Brody, Google Ideas product manager, says there is no catch.

Ont. bill aims to reduce taxes for

Ontario's governing Liberals are moving ahead with a budget promise that would make big businesses shoulder more of the tax burden to give smaller employers a break. Finance Minister Charles Sousa introduced legislation Tuesday to stop large companies from claiming the employee health-tax exemption so more small firms can qualify. THE CANADIAN PRESS

How would you describe this service?

It's a tool, and a repository. It allows people to search and compare constitutions.

Are you responding to a demand for this?

There is a specific demand, uncovered by our partners at the Comparative Constitutions Project, who have been helping countries draft constitutions for years. They built a library and used to drag it around, and then used documents in the digital age. But we were able to get it all online with tags for each topic and a beautiful

Are constitutions not outdated yet? Why do people argue over interpretation of a 300-year-old scroll?

For web junkies like me, we think of them as anachronisms — something men who have oil paintings made of them do.



But five are being drafted every year, and on average they last for 17 years. I had no idea how relevant or current they could be — it can be a very political process with the power to generate improvements.

Should Google really be involved in the formation of nations, particularly those in

Some people think it's surprising — but they should realize this is a tool for providing information, rather than seeking to have an influence.

It must be fun working at (think/do tank) Google Ideas. What do you guys do all day?

It's really about creating partnerships, working with other organizations in parts of the world that are repressive or unstable. We try to empower people doing great work, and give it a technological twist.

Won't world leaders now just copy each other's homework? On the contrary, I expect more

variation. All drafts before now have relied on prior texts, and in some cases copying and pasting entire clauses. If you can see what everyone else has done you can see the wealth of options, you can customize the phrasing, and make it workable for your population.

Fast food

Crinkle-cut fry chops out some of the fat, BK says

Burger King Canada is introducing a new crinklecut french fry on Wednesday that it says is less fattening than regular fries. Gratifries have six grams of fat and 145 calories per 70-gram serving, compared to 11 grams of fat and 222 calories of other leading fast-food fries, the chain says. A free-sampling promotion will begin next

Market Minute









Natural gas: \$3.50 US(-10¢) Dow Jones: 15,334.59 (-66.79)

Retail. Sears CEO departs as turnaround underway

Sears Canada's chief executive is leaving the retailer for another job — a move that raises questions about the future of the company's turnaround plan in an increasingly competitive marketplace.

Sears said Tuesday Calvin McDonald, who has spearheaded a number of major initiatives to reposition the company, will be replaced as president and CEO by chief operating officer Douglas Campbell, who has been Sears Canada's chief operating officer since November.

The company said McDonald resigned to pursue an opportunity with a "leading international company."

Sears Canada spokesman Vince Power said Mc-Donald hasn't informed the company where he's going, but he disputed a report that McDonald was leaving

Outgoing Sears CEO Calvin McDonald TORSTAR NEWS SERVICE FILE

due to a disagreement with majority shareholder Sears Holdings Corp.

Desjardins Securities analyst Keith Howlett called the move a negative for the company, saying McDonald's departure reduces the probability of an operating turnaround.

"Our view was that McDonald was a talented, energetic retail executive and might have been able to accomplish a turnaround against what we perceive as long odds," Howlett wrote in a note to clients.

Incoming CEO Campbell joined Sears Canada in March 2011. He graduated from the U.S. Naval Academy with a degree in economics, before serving as a commissioned officer in the U.S. Marine Corps and receiving an MBA from the Wharton School.

> THE CANADIAN PRESS







Giddy up! Barbie takes a turn as an RCMP officer small businesses

Barbie is suiting up in Red Serge for a limited-edition doll. The Mountie Barbie represents Canada as part of the iconic figurine's Dolls of the World collection and features her wearing the dress uniform of the Royal Canadian Mounted Police. It's being sold at the RCMP Heritage Centre in Regina and the official Mountie Shop in Ottawa. ALYSSA MCDONALD/METRO IN REGINA

VOICES metr⊕

CAPTAIN KIRK AFRAID TO FLY?

"Space: the final frontier. These are the voyages of the starship Enterprise. Its five-year mission: to explore strange new worlds, to seek out new life and new civilizations, to boldly go where no one has gone before."

The imaginations of multiple generations have been fired by that statement, first uttered by Captain James T. Kirk, a.k.a. Canadian-born actor William Shatner, on the opening episode of Star Trek in 1966. Shatner has been succeeded by a gallery of Star Trek captains, but when most of us think about boldly going etc., we think of William Shatner.

Which is why it's more than a let-down to learn that Shatner, now 83, has refused an invitation from Sir Richard Branson to be on the first voyage of the Virgin Galactic space ship, scheduled to lift off

on Christmas Day. I mean, come on, Jim — I mean Bill — it's hardly a five-year



Paul Sullivan

metronews.ca

mission, just a short, two-hour jaunt, and it's not going very far: 100 kilometres above the Earth, generally recognized as the border between our planet's atmosphere and space. It's the space travel equivalent of taking the stairs from the parking garage instead of the elevator.

Nonetheless, Kirk—I mean Shatner—isn't biting. That is unless Branson offers to pay his way, and can guarantee a safe return. Branson isn't taking any of this well and has accused the Captain of the Starship Enterprise of being afraid to fly.

That's like saying Spiderman is afraid to hang off the sides of buildings.

I guess it's a compliment to Shatner that we still confuse an overweight octogenarian with a fantasy hero from a science-fiction future.

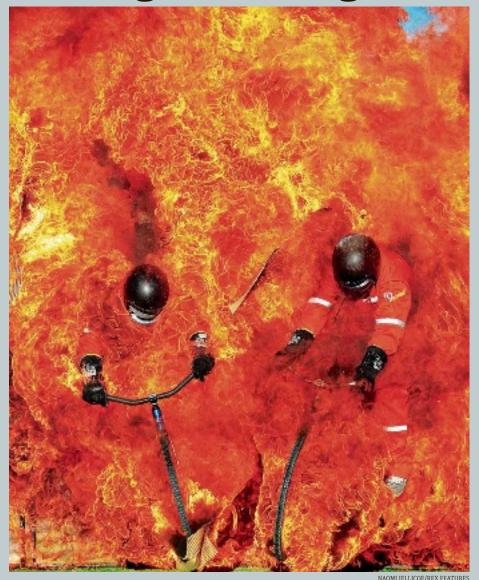
With him at the helm of the Enterprise at the onset of the voyage, Star Trek has grown to become more than an entertainment. It's our imaginative bridge to real space exploration, making the whole idea viable in the minds of trekkies everywhere including engineers, astrophysicists, politicians, Metro columnists — influential people who prevent space travel from being written off as an inexcusably expensive luxury at a time when California, the most populous state in the U.S. and home of much of the space-flight industry, is on the verge of bankruptcy.

If we had any sense, we'd stop thinking about revisiting the moon or going to Mars, never mind trying to get to the moons of Saturn, or out of the solar system altogether and into strange new precincts of the galaxy. But staying home and sticking to your knitting is hardly inspiring.

Which is why Shatner's uncharacteristic lack of enthusiasm for a token space ride is so disappointing. He should know too that he's passing up the chance to travel with Justin Bieber and Ashton Kutcher, along with Mila Kunis, Leonardo DiCaprio and

On the other hand, maybe you can't blame him. Not sure I'd boldly go to a mall opening with that crowd.

Blazing saddles ignite relief



Bikers amaze by riding across fire

They have just ridden the fiery apocalypse and come out alive. Two riders from the Findon Skid Kids, a cycle speedway club in the southern Australian city of Adelaide, safely emerge from a blazing-fire stunt jump, with hundreds of fans cheering in joy and relief. metro

Hot hot heat

"We couldn't can it after 55 years. It is a tradition that is part of this club. Had the conditions been different if it was windy – we probably wouldn't have done it."

Allan Staunton, Findon Skid Kids president

Failed jump had left riders badly hurt

Six months ago, the Findon Skid Kids' time-honoured stunt ended in disaster after three teens were hospitalized with severe burns. The flaming cardboard the riders jumped through failed to break up as planned and instead stuck to the riders.



ANDREW FIFIELD

Sure, there's an appeal to subscribing to services like Sirius or Rdio, but the abundance of free streaming platforms has kept me from taking the plunge. Soundcloud is easily where I spend most of my streaming hours. Here's three of my favourite accounts to get you started.



Deep and Disco

Exactly what it sounds like: modern disco that's a perfect fit for any and all of your workout playlists. Or just leave it streaming on a lazy Sunday, and before you know it you will have cleaned vour entire house

Domino Record Co. A lovingly tended and eclectic U.K. re-cord label that's home to a roster of

that any other company should envy. No matter your taste, finding something new to love is a sure bet.

artists - including Canada's Austra -

Modular People

An Australian label that sticks pretty close to electronic music that gets your $feet\,moving.\,There \hbox{'s already a few}$ hour-plus mixes uploaded to the account, so most of the work has been done for you.

Letters

Youth suicide is very pressing issue. A solution is to help the children openly express their emotions.

With this is mind, a Toronto hospital recently launched a new program: an interactive video game.

This cannot be a solution, especially directed to the young audience. Even with parental monitoring, youth in today's generation are playing hours a day. If instead, the children are encouraged to play video games, problems will start to arise.

After realizing that video games are completely permissible, children will start to expand their

gaming territory to other video games and genres. Before you know it, they are attached to the television with a pair of headphones, and a controller glued to their hands.

Although suicidal thoughts are set aside because of the new addiction, results of addictive video gaming include neglected academic progress, bad influences, and social isolation, studies suggest.

An alternative like video games is not the answer. Parents should be spending more time with their children. Simply put, parents are the most important people in a child's life.

Janet Li, Mississauga, Ont.

VE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca



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SCENE

Scarlett Johansson doesn't care about your love life

Interview. The Don Jon star talks about image, the Internet and having a private life away from stardom



EHRBAR
Metro World News in Hollywood

Don Jon writer-director-star Joseph Gordon-Levitt says he wanted Scarlett Johansson as his co-star in part because she herself has been a victim of a certain amount of objectification within pop culture.

But while Johansson is happy for the implied compliment, she doesn't think she's all that special.

"I think that sure, I've been a victim, if you want to say, of that as much as anybody else. I don't feel particularly affected by that more so than any other person in the spotlight, I guess," she says.

"But I think it's something that I've used — my own status as a sexiest whatever you want to call it or whatever it is, a label you want to put on it — I've been able to use to my advantage while trying to avoid getting pigeonholed as much as possible. I don't want the work that I do to feel like a reaction to the fact that I'm trying to



In control

What she really wants to do is direct. And it might not be far behind.

Taking the chair. While pal Joseph Gordon-Levitt might have beat her to the director's chair with Don Jon, Scarlett Johansson won't be far behind. "I'm actually directing a film next summer, which is an adaptation of a (Truman) Capote novella called Summer Crossing," she says. "It's something I've been working on for what feels like forever. It's been about six years, and we're finally going to do it."

get away from that."

Speaking of getting away from that, Johansson keeps away from the vast swaths of Internet devoted to her beauty and private life.

"I stopped my Googling myself," she admits. "Nothing good ever comes out of it. It's best to avoid it. Gives you an inflated idea of yourself, as well. You suddenly feel like everybody's paying attention to you all the time."

Of course, in her case she might be right — even if the idea still strikes her as odd.

"The other thing is, why do you care? You don't know me," she says. "It always makes me wonder why anybody cares. I don't particularly care to know how any person I don't know, about their romantic life. I mean, I guess we're all nosy in some way, but it's something that seems unrelated in my mind. I mean, I know people like celebrities and maybe that gives them something to dream about. I don't know."

That's not to say Johansson wants any of that content eradicated — or even regulated in any way.

"There are no rules; that's the Internet. There's no rules. You can't impose them, then we'd be living in China," she

says.

"If you want to have a free country or whatever, you can't impose any regulations on the Internet."

Quick interview

Danza talking about Don Jon

A few weeks ago, Taxi turned 35. That and Who's the Boss? are what Tony Danza is best known for — but he's always been busy. The one-time boxer who stumbled into acting is now back in a medium that hasn't always treated him well — movies. Danza plays Joseph Gordon-Levitt's dad in Don Jon.

Your character in Don Jon isn't very redemptive.

He's not redemptive at all. But everybody you play you love. Tommy Korman in Honeymoon in Vegas is a manipulator and not a nice guy, and at the end he actually gets rough. But I love him.

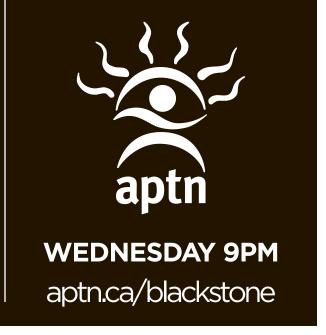
How was Joseph Gordon-Levitt as a first-time feature film director?

He's terrific. He wrote a movie that captures the culture of the minute and makes us laugh, and there's a message that — he's not proselytizing, but it's there. It's a cautionary tale; a comment on society. MATT PRIGGE/MWN



SCHAR





Bruhl sees parallels between his new films

Interview. Daniel
Bruhl talks about how
Rush and The Fifth
Estate have startling
similarities and gives
some predictions on
the WikiLeaks front



NED EHRBAR Metro World News in Hollywood

Daniel Bruhl is having a busy year. He quite handily steals two major premieres from high-profile co-stars in The Fifth Estate and Rush. Both films appear to be about someone else — WikiLeaks founder Julian Assange (Benedict Cumberbatch) and late Formula One driver James Hunt (Chris Hemsworth) — but are really about Bruhl's characters — Assange fan-turned-partner Daniel Domscheit-Berg and disfigured racing legend Niki Lauda.

Bruhl tells us more and how the two films have a lot in common.

"There are some parallels



between the films, because I'm playing two real characters," Bruhl explains.

"It's also interesting, the

structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of them. It's quite interesting to see. And then, of course, my roots help me because both of these characters are quite

Simila

"It's also interesting, the structure of the movies, because you don't have a hero and a villain at the end, but you have empathy for both of them."

Daniel BruhlTalking about Rush and The Fifth Estate

focused and German in a way: correct and reasonable and so on."

It seems one thing led to the other for Bruhl.

"It's partly luck," he says. "I have to say that Ron (Howard) helped me a lot and supported me after making Rush and helped me get into the next movie. Because of — I don't know — good work, I suppose, in Rush, I was given the chance."

Bruhl adds that he's part of a bigger trend in film.

"In general, this change started a couple of years ago that we Germans or European actors get the real chance to play these great parts in American movies," he says.

"This is an interesting change, and I hope it's going to go on. It's a very positive trend, I think."

Playing real, living people can be an odd experience.

"It was very strange to see Rush in London the other day with (Lauda)," he says.

"I mean, I watched him watching the movie. I got goose bumps sometimes because everything around the accident is so intense. It was strange to see that with Niki in the same theatre."

Despite doing a film on it already, Bruhl thinks the story of WikiLeaks is just beginning.

"It's a subject, I think, that will be important for a long time, and we're just at the beginning of it," he says.

"All of us, we citizens, have to learn a lot of things — how we deal with gathering information — but also governments have to learn how to deal with it, and corporations. I think we're drowning right now in information. This is a problem for everyone."

Currency texchange





240SPARKS.COM



Alba wishes she had lived it up in her pre-mom body days

Not that Jessica Alba is saying she has a bad body now, but she wishes she'd taken advantage of it before she became a mother of two.

"I was a lot more critical of my body when it was

probably pretty awesome," she tells Health magazine. "It's like, why did I not ever wear jean shorts? That's so crazy. I was so skinny! I didn't have any cellulite. What was I thinking?"



NPH over these hosting gigs

Frequent awards show host Neil Patrick Harris is apparently looking to make that a little less frequent after this weekend's Emmys.

"Emceeing the Emmys

was fun, but I'm sure glad it's over," he posted to Twitter after.

"Looking forward to not hosting anything for a long

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It's Twerk Girl to the rescue

Do you think Miley Cyrus ever regrets becoming the poster child for twerking? I mean, she's clearly into it, but I bet everywhere she goes now, people are like, "Twerk, Miley, twerk! Twerk in this dry cleaners! Twerk in this hat!" and probably sometimes she is like "Sigh, not now, I am trying to enjoy this TED

But she is Twerk Girl now. So she has to do it. That's probably how she ended up twerking with a monkey in a cowboy costume on her back, anyway.

Miley tweeted a photo of the simian pas de deux. It doesn't actually look like there's much twerking going on, since she's sprawled out on the floor, but the monkey does look terrified, so maybe there's more motion than I can see.

Miley also tweeted a photo of her humping a big furry muppet-looking gentleman, but that was just for fun I'm sure.

In any event, Miley has obviously learned nothing from her much-panned performance at the VMAs. În fact, it seems like our tsk-tsk-ing is only feeding the low-rent Gwen Stefani-wannabe beast. Case in point: she not only wore this outfit to the iHeartRadio Music Festival this weekend, but she also



butt-slapped a twerking little person and sang into a banana microphone. I mean, we already have one Ke\$ha. Do we really need another? melinda Taub/mwn



What's next Kanye? You're bigger than Jesus?

Kanye West is kind of a big deal, at least according to Kanye West, who refers to himself as "the No. 1 rock star on the planet" in an interview with BBC Radio 1.

"I've got to a point that Michael Jackson did not break down. I have reached the glass ceiling, as a creative person, as a celebrity ... and I've been at it for 10 years,' he says. "I look around and I say, 'Wait a minute. There's no one around here that looks like me. And if they are, they're quiet as f—.' So that means, wait a second now we're seriously, like, in a civil rights movement.



I just learned the difference between poisonous and venomous. Worth checking out. This isn't a joke just because it sounds boring.



@TomArnold

Just bragged to my 5 month old that daddy knows Peyton Manning because I want him to love me.



@Real Liam Payne

Girls behind the hotel please get out the fields there's a huge sign saying snake habitat it's just not worth it someone's gunna get hurt

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TRAVEL metronews.ca Wednesday, September 25,

The stein for beer has come

Oktoberfest. Once a year North Americans raise their glasses to Bavarian love. Here's where to imbibe

JANET CHOI

Metro World News in New York

What started out as a celebration to mark the marriage of two Bavarian royals in 1810 has turned into a global annual kegger. The mother of all Oktoberfests is a 16-day, beer-fueled party in Munich, Germany, that has spawned countless imitations. Here are a few in North America that will be worth your time and sobriety.

Oktoberfest Denver Denver, Colo. Sept. 27-29, Oct. 4-6

Though it doesn't have strong German roots, it's no surprise that the Mile High City boasts what USA Today and Maxim magazine have touted as The Best Oktoberfest in the United States. Denver appears to be vying for the title of America's Beer Capital with its respected breweries, brew pubs and the largest beer festival in the country.

Oktoberfest Denver will offer the requisite "Food, Bier, Music and Stein Hoisting" at its fest. In addition, David Hasselhoff loyalists will be pleased to hear that the 5K run, Das Hustlehoff,



will pay tribute to The Hoff, and each runner will receive a free Das Hustlehoff shirt.

For the real deal

Leavenworth Oktoberfest Leavenworth, Wash. Oct. 4-5, 11-12, 18-19

Once the headquarters for the Great Northern Railway, the city of Leavenworth found itself struggling after the railroad relocated early in the 1900s. In 1962, a committee was formed, its sole task to revitalize the city's economy — by turning Leavenworth into a replica of a Bavarian village.

Helen, Ga. Through Oct. 27

Helen is a former logging town that underwent a similarly Bavarian transformation. Once there, you can also take in the late- October fall foliage.

For the procrastinators

Tulsa Oktoberfest Tulsa, Okla. Oct. 17-20

The Munich Oktoberfest ends the first weekend in October, and in case you have too much on your plate

Canada's take on Bavaria

Kitchener/Waterloo. Oct. 11-19. Running since 1969, Kitchener, Ont.'s Oktoberfest began as a way to celebrate the community's German heritage. It's now grown into the largest Bavarian festival in North America and includes a Thanksgiving Day parade. There are 40 events fest goers can choose from, including a Stein and Dine, a five-kilometre run, a car show and plenty of musical entertainment. For more info visit oktoberfest.ca.

to participate in a timely manner, there are a number of celebrations that are planning to oompah-pah well into the end of October.

Tulsa Oktoberfest is one of the most popular celebrations around the country, and for good reason — namely, keg rolling contests. But this year's celebration has already been hit with controversy before the first pitcher has even been poured: organizers are doing away with the 64-ounce pitchers and replacing them with 34-ounce souvenir steins. Many are crying foul at the downsizing, but will probably just end up drowning their tears in steins full of beer.

Insurance

When your sailing isn't so smooth...



ON THE MOVE Loren Christie life@metronews.ca

Deciding whether to purchase travel insurance might be the single most important decision you make as part of your holiday planning.

At a minimum, every single traveller should purchase full medical travel insurance. Whether or not you have a pre-existing condition, anybody can be adversely affected by changes in time zones, climate and diet. Tropical diseases can strike with no warning and of course, car

accidents and random injuries could happen to anyone. The cost of overseas medical attention could be crippling to your family.

A good policy will cover all emergency care, which is defined as a sudden event that makes it necessary to get immediate medical treatment. Routine health checkups and non-emergency care are normally not covered.

Trip cancellation and trip interruption coverage are less important. It's really up to you to weigh the impact of losing your vacation investment should you not be able to follow through with your holiday plans. You might also consider additional options such as coverage for lost or damaged baggage, particularly if you are travelling with something valuable.

For a comprehensive travel

insurance package, including travel medical, trip cancellation and trip interruption coverage you should count on paying between \$100 and \$125 per person.

Before buying insurance, check the fine print and understand what you are covered for. There are some general exceptions to coverage to watch for. For example, people who are travelling to play in a sports event or travellers who get injured as a result of being dangerously drunk may be denied coverage.

If you are counting on the insurance coverage offered by your credit card to cover you, make sure you have purchased your vacation package with that credit card.

Carry your travel documents, policy number and emergency contact number for your insurance pro-



vider with you at all times. In order to receive a full reimbursement, you may be required to call the emergency contact before going to the hospital.

Oh, put a steak in it already



ROSE REISMAN ollow her on twitter

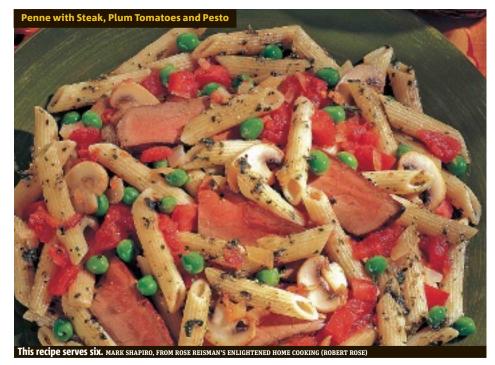
This is a great pasta dish with tender slices of beef and a light pesto sauce. Feel free to substitute chicken breast or sautéed shrimp for the steak. If basil is expensive, try a mixture of green leaves such as parsley, spinach, arugula or cilantro.

1. In nonstick skillet sprayed with vegetable spray, cook beef just until desired doneness. Drain and set aside.

2. Pesto: Put basil, olive oil, Parmesan, pine nuts and garlic in food processor; process until finely chopped. Gradually add the stock through the feed tube and process until smooth. Add salt and pepper. Put pesto in serving bowl.

3. In large pot of boiling water, cook the penne until tender but

4. Meanwhile, heat oil in nonstick skillet over medium heat; cook garlic and onions for 4 minutes until brown. Add mushrooms and sauté for 4 minutes until tender. Add to-



matoes and peas and cook for 2 minutes more to heat through.

5. Place drained pasta in serving bowl along with vegetables and steak; toss and serve.

ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REIS

Drink of the Week

Power Hour Sour

Cheeky and flavourful, this sour drink with an interesting addition of egg white packs a punch!

- 2 oz Belvedere Vodka
- 3/4 oz fresh lemon juice
- 3/4 oz simple syrup
- Dash egg white (optional)

Shake and strain over cubed ice into a rocks glass. Garnish with a wedge of lemon. PHOTO AND RECIPE COURTESY



Ingredients

• 6 oz thinly sliced beef steak such as New York strip

Pesto Sauce

- 1 1/2 cups packed fresh basil
- 3 tbsp olive oil • 3 tbsp Parmesan cheese
- 2 tbsp toasted pine nuts
- 1 1/2 tsp minced garlic • 3 tbsp chicken stock or water
- Dash of salt and pepper
- 12 oz penne
- 1 tsp vegetable oil
- 1 tsp minced garlic
- 1 1/3 cups chopped onions • 1 3/4 cups sliced mushrooms
- 2 1/4 cups chopped fresh plum tomatoes
- 1/2 cup green peas

From sea to table: Spaghetti

al Nero di Seppia with Clams

This bedazzling entrée is brimming with fresh clams, herbed shrimp and tossed

with a blending of olives, wine, aromatic vegetables and exceptional Peperoncini

- 1/2 cup (125 ml) extra virgin olive oil
- 1 onion, diced
- 1- 1/2 sweet peppers, cored, halved and diced
- . 1/2 tsp (2 ml) salt
- 3/4 cup (175 ml) pitted kalamata olives, halved
- 3 cloves garlic, minced
- 2 tbsp (25 ml) PC black label Peperoncini Piccanti
- 3 lb (1.5 kg) littleneck clams,

scrubbed and well rinsed • 2 cups (500 ml) dry white

- 1 pkg (454 g) PC Raw Zipper back Black Tiger Shrimp -Jumbo, thawed and peeled with tails left on
- 1 pkg (500 g) PC black label Nero Di Seppia Spaghetti
- 1/2 cup (125 ml) chopped fresh parsley

With its bold colour and delicate flavour, Nero di Seppia Spaghetti from Italy is the ideal pasta for this showstopper dish.

1. In large heavy-bottomed saucepan or Dutch oven, heat 1/4 cup (50 ml) of the olive oil over medium heat. Cook the diced onion, stirring, for 3 minutes. Add sweet peppers and 1/4 tsp (1 ml) of the salt; cook, stirring, for about 4 minutes or until very soft. Add pitted kalamata olives and minced garlic; cook for 1 minute. Stir in piccanti until

2. Increase heat to high. Add clams; cook, shaking pan gently, for 2 minutes. Pour in wine; bring to a boil. Cover and steam for 1 minute. Add shrimp; cover and continue to cook for 4 to 5 minutes or until clams open wide and shrimp are cooked through. Remove from heat and discard any clams that do not

3. Meanwhile, in large pot of boiling salted water, cook spaghetti for 7 to 9 minutes or until tender but firm. Drain, reserving 1/3 cup (75 ml) of cooking water. Add spaghetti to clam mixture, tossing to



combine. Transfer to large serving platter; toss with remaining olive oil, remaining 1/4 tsp (1 ml) salt, parsley and some of the reserved cooking water, if desired. Serve with additional piccanti on the side, if desired.

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metr⊕ **WORK/EDUCATION**

To bask in our digital dreams or to wake up and relish the real world?

Where is my mind? A digital media maven takes on the tough balancing act between technology and true life

VAN BUUREN

"It's like we're living in the science fiction future right now, and the real stories are more incredible than fiction."

Producer/director Ramona Pringle, 31, took her words to heart when she created Avatar Secrets, an exciting 10-part interactive documentary project that is being developed as an iPad-based app.

Avatar Secrets is set in both the real world and the virtual world and is a combination of Pringle's real-life



and a documentary.

The premise of Avatar Se-

into the allure of video games and technology maybe we will uncover some of what

we're missing in the real

Avatar Secrets is a bold project and certainly one of the reasons why Pringle was recently named one of Playback's 10 2 Watch in the new

A digital drug?

"We're not addicted to technology, we're addicted to each other."

View the trailer for Ramona Pringle's interactive iPad documentary Avatar Secrets at metronews.ca/avatar and keep an eye out for more from Pringle on Metro soon.

Pringle has worked as an actor and was in movies including Shoot 'Em Up and Cinderella Man. She has a master's degree in interactive telecommunications from New York University and today teaches interactive storytelling at Ryerson University. She has worked as a multiplatform producer for CBC, TVO, CTV and PBS.

Her other major project at this time is rdigitallife.com, an online hub that explores what it means to be human in today's digital world.

Here are Pringle's tips for living in the digital world:

The big draw of all our technologies is each other, so focus on the person, not the technology

Choose when and how to



connect with people. For a heart-to-heart, nothing beats face-to-face; for conversing with an overseas relative, Skype may be best; for making plans with a friend, IM.

Engage fully whether you're online or offline

We are living in what I call the "hybrid reality" - constantly straddling the "real" world and the "digital" world. The challenge is to make sure that being in both worlds doesn't mean that we don't fully engage in either. Choose where you want to focus your attention — whether you're looking into a screen or someone else's eyes.

Empower yourself — don't let gadgets and apps control

We have this reflex of checking messages when lights flash or there's a ping. Technology is here to stay but we can choose how, when, and where we engage instead of letting the machines make the decisions for us.



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VANKLEEK HILL OKTOBERFEST IS WUNDERBAR

The fifth annual Vankleek Hill Oktoberfest promises to be the best one yet, thanks to a stellar lineup of musicians, restaurants and family-friendly activities.

The festival — a celebration of craft beers, fresh food, family fun and live music — runs Oct. 4-5 at the Vankleek Hill Fairgrounds.

This year, evening musical acts include Kathleen Edwards, Sloan and the Sadies. During the day, there will be performances by Grammy award-winning polka king Walter Ostanak, the Alpenhorn Trio and the Maple Leaf-Almrausch Schuhplattlers.

Along with demonstrations and beer school, the festival features a number of fun competitions, including a keg toss, spouse carrying race, malt sack races, sausage eating contest, and the stein holding struggle. And back by popular demand is the Members of Barleyment homebrew competition.

For the young ones, and the young at heart, there is Kinderfest — a non-licensed family area with everything from a bouncy castle and toddler play area to activities such as break dancing and face painting, presentations by puppet masters and bal-



loon sculptors, along with a parade and surprise games.

Organized by Beau's All Natural Brewing Company, the non-profit festival raises money for local charities. This year's charities include the Canadian Canoe Foundation, United Way Ottawa, Unshaven Mavens, and the VKH Agricultural Society.

THE BEAU'S STORY

While sipping beer one day, Steve Beauchesne and his father, Tim, discovered that they shared a dream of running their own brewery. A year later, they opened Beau's All Natural Brewing Company. Their first beer, Lug-Tread Lagered Ale, won a gold medal at the prestigious Golden Tap Awards in 2006 and Beau's has grown every year since. The company now makes a variety of craft beers and employs about 80 people.

"This year, we hope to raise about \$75,000," says Steve Beauchesne, coowner (with his father) of Beau's. "We've brewed some special beers and we're really looking forward to sharing them."

Oct. 5 is already sold out but advance tickets for Oct. 4 are available at beaus. ca. Bus packages from Ottawa, Montreal and Cornwall are available. Gates to the Vankleek Hill Oktoberfest open at 4 p.m. on Oct. 4 and 11 a.m. on Oct. 5.



20 SPORTS metronews.ca Wednesday, September 25, 2013



Sens unmask Leafs in Toronto

Toronto Maple Leafs goalie James Reimer makes a save on Ottawa Senators forward Mark Stone, not shown, during first-period pre-season hockey action in Toronto on Tuesday. The Senators won 3-2. NATHAN DENETTE/THE CANADIAN PRESS

'We play for October': Pirates fans pumped



MLB. Supporters flock to team's store to pick up hats, hoodies, T-shirts celebrating playoff berth

The image is seared into Pirates fan Chad Rowland's memory

The slightly up-the-line throw from Barry Bonds. The dive to the plate by catcher Mike LaValliere. The textbook slide by Sid Bream. The Pittsburgh Pirates walking off the field in stunned silence after collapsing in the ninth inning of Game 7 of the 1992 NLCS. The Atlanta Braves piling on top of each other in jubilation

Pittsburgh pride

"It's big for them, it's big for our community.... It's just awesome."

Pittsburgh Steelers coach Mike Tomlin

on their way to the World Series. Even now, 21 years later, it still stings.

The tears were welling again on Monday night, this time for an entirely different reason. This time, the throw from the superstar outfielder was wisely cut off by the veteran first baseman picked up at the waiver deadline. This time, the catcher was positioned right on top of the plate. This

time, the runner was out.

This time, finally, the Pittsburgh Pirates were on the right side of history.

One of the sport's most beleaguered franchises is back in the post-season. Pittsburgh clinched a spot in the NL playoffs on Monday night when catcher Russell Martin tagged out Chicago's Nate Schierholtz at home to end a thrilling 2-1 victory at Wrigley Field.

At a time of year when the Pirates are typically playing out the string and attention in the self-dubbed "City of Champions" turns to the Steelers and the Penguins, the Pirates — yes, the Pirates — are currently the hottest thing going.

THE ASSOCIATED PRESS

Basketball

Canadian women win another rout

Shona Thorburn scored 15 points to lead Canada's women's basketball team to its second straight lopsided victory at the FIBA Americas Championship, a 93-51 rout of Chile on Monday.

The easy wins, said Thorburn, have provided the opportunity for the team to jell before the games get tough. THE CANADIAN PRESS

Hockey

Crosby's mom joins CWHL board

Sidney Crosby's mother, Trina, has accepted an invitation to join the board of the Canadian Women's Hockey League. She is making the move to become more involved in women's hockey because of a conversation with her 17-year-old daughter. THE ASSOCIATED PRESS

Olympics

Final Sochi check underway

With the opening ceremony just over four months away, IOC inspectors are making their final visit to Sochi to check on preparations for the Winter Olympics. The IOC co-ordination commission began its 10th and last visit Tuesday to the Black Sea resort — 136 days until the opening of the

NBA

"I apologize. If you see me around town, come give me a hug, give me



a kiss. I'll do whatever you want."

Shaquille O'Neal, who was introduced as a minority owner of the Kings on Tuesday in Sacramento. During the height of his career with the Lakers, O'Neal fuelled the rivalry with the Kings with his play on the court and verbal jabs at the city off of it.



Checking out a clean sheet of ice

The 2013-14 NHL season starts on Tuesday night. Here are six storylines worth following:

THE CANADIAN PRESS

Photos by Getty Images



Winter Olympics

Speculation on who should make 2014 Olympic squads, especially Canada's, will be rampant through the first half of the season. Players from the 12 countries that qualified for the Games in Sochi, Russia, will certainly have it in mind as they approach the Feb. 9 to 25 Olympic break.

Outdoor inflation

There used to be one outdoor game per season. This year there will be six. It may be overexposure, but the Jan. 1 to March

2 period will see Leafs vs. Red Wings, Ducks vs. Kings, Rangers vs. Devils, Rangers vs. Islanders, Penguins vs. Blackhawks and Senators vs. Canucks.

All in baseball or football venues.

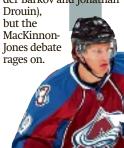


Fisticuffs

Is goon hockey back? It looked like it in some pre-season games, notably Toronto-Buffalo. The Leafs added muscle last year, the Sabres got the hulking John Scott and now even mild-mannered Montreal has signed George Parros. Hard to believe given that after the 2004-05 lockout, it looked like the enforcer was going extinct.

MacKinnon-Jones

The weeks leading up to the 2013 NHL draft were all about Nathan MacKinnon and Seth Jones. MacKinnon went first to Colorado, but Jones waited until fourth to go to Nashville. Two got picked in between (Alexander Barkov and Jonathan





Roy era in Colorado

For the last eight years,
Patrick Roy has been a
fiery presence as GM and
head coach of the junior
Quebec Remparts. Now the
Hall of Fame goaltender is
the coach in Colorado, and
has a say in management
with old teammate Joe
Sakic. With Roy's gusto
and lots of young talent,
the Avalanche won't go
unnoticed.

Stanley Cup repeat?

There hasn't been a repeat Stanley Cup champion since the Red Wings in 1997 and 1998, but if another team does, it could be Chicago. They have the same core of Toews, Kane, Keith, Crawford, etc., as last season, when they played only 48 regular-season games. So fatigue will be less of a factor for the cup winners.

the cup winners.

MLB

AMERICAN LEAGUE

EAST DIVISION								
	W	L	Pct	GB				
Boston	95	62	.605	_				
Tampa Bay	87	69	.558	71/2				
New York	82	74	.526	121/2				
Baltimore	81	75	.519	131/2				
Toronto	71	85	.455	231/2				
CENTRAL DIVISION								
	W	L	Pct	GB				
Detroit	91	66	.580	_				
Cleveland	86	70	.551	41/2				
Kansas City	83	73	.532	71/2				
Minnesota	66	90	.423	241/2				
Chicago	62	94	.397	281/2				
WEST DIVISION								
	W	L	Pct	GB				
Oakland	94	63	.599	_				
Texas	85	71	.545	81/2				
Los Angeles	76	80	.487	171/2				
Seattle	68	89	.433	26				
Houston	51	106	.325	43				
Tuesday's results	wol-	nd						
Chicago White Sox at Cleveland								

Tuesday's results
Chicago White Sox at Cleveland
Toronto at Baltimore
Tampa Bay at N.Y. Yankees
Houston at Texas
Detroit at Minnesota
Oakland at L.A. Angels
Kansas City at Seattle
Monday's results
Tampa Bay 5 Baltimore 4

Texas 12 Houston 0
Minnesota 4 Detroit 3 (11 inn.)
Chicago White Sox 3 Toronto 2
Oakland 10 L.A. Angels 5
Kansas City 6 Seattle 5 (12 inn.)
Wednesday's games — All times Eastern
Oakland (Straily 10-7) at L.A. Angels
(Weaver 10-8). 3:35 p.m.

Chicago White Sox (Axelrod 4-10) at Cleveland (Salazar 1-3), 7:05 p.m. Toronto (Rogers 5-8) at Baltimore (Norris 10-12), 7:05 p.m.

Tampa Bay (Price 8-8) at N.Y. Yankees (Hughes 4-13), 7:05 p.m. Houston (Keuchel 6-9) at Texas (Perez

9-5), 8:05 p.m. Detroit (Scherzer 20-3) at Minnesota (Correia 9-12), 8:10 p.m. Kansas City (Santana 9-9) at Seattle (Iwakuma 13-6), 10:10 p.m.

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99	369	21
	,	341/2
L	Pct	GB
65	.586	-
67	.573	2
67	.573	2
86	.449	211/
92	.414	27
L	Pct	GB
66	.577	-
77	.506	11
83	.468	17
84	.462	18
86	.452	191/2

Tuesday's results
N.Y. Mets at Cincinnati
Milwaukee at Atlanta
Philadelphia at Miami
Pittsburgh at Chicago Cubs
Washington at St. Louis
Boston at Colorado
Arizona at San Diego
L.A. Dødgers at San Francisco
Monday's results
Cincinnati 3 N.Y. Mets 2 (10 inn.)
Milwaukee 5 Atlanta 0
Miami 4 Philadelphia 0
Pittsburgh 2 Chicago Cubs 1
St. Louis 4 Washington 3
San Diego 4 Arizona 1

San Diego 4 Arizona 1

Wednesday's games — All times Eastern
N.Y. Mets (Matsuzaka 2-3) at Cincinnati
(Latos 14-6), 12:35 p.m.
Washington (Zimmermann 19-8) at

Washington (Zimmermann 19-8) at St. Louis (Miller 14-9), 1:45 p.m. Pittsburgh (Liriano 16-7) at Chicago Cubs (Arrieta 3-2), 2:20 p.m. Milwaukee (Lohse 10-10) at Atlanta (Maholm 10-10), 7:10 p.m. Philadelphia (Hamels 8-14) at Miami (Hand 1-1), 7:10 p.m. Boston (Peavy 11-5) at Colorado (Oswalt 0-6), 8:40 p.m.

(Oswalt 0-6), 8:40 p.m. Arizona (Delgado 5-6) at San Diego (Kennedy 6-10), 10:10 p.m. L.A. Dodgers (Nolasco 13-10) at San Francisco (Bumgarner 13-9), 10:15 p.m.

CFL WEEK 14

:	EAST DIVISION										
:		GP	W	L	Т	PF	PA	Pts			
:	Toronto	12	8	4	0	354	315	16			
:	Hamilton	12	6	6	0	316	329	12			
:	Montreal	12	4	8	0	285	349	8			
:	Winnipeg	12	2	10	0	251	368	4			
:	WEST DIVISION										
:		GP	W	L	Т	PF	PA	Pts			
:	Calgary	12	9	3	0	373	301	18			
:	B.C.	12	8	4	0	325	302	16			

B.C. 28 4 0 325 3002 Saskatchewan 12 8 4 0 376 282 Edmonton 12 3 9 0 294 328 Friday's game — All Times Eastern B.C. at Winnipeg, 8 p.m. Saturday's games Calgary at Hamilton, 6 p.m. Toronto at Edmonton, 9 p.m.

Sunday's game
Saskatchewan at Montreal, 1 p.m.

NFL

WEEK 4

Thursday's game — All Times Eastern San Francisco at St. Louis, 8:25 p.m. Sunday's games Seattle at Houston, 1 p.m.

Seattle at Houston, 1 p.m.
N.Y. Giants at Kansas City, 1 p.m.
Pittsburgh at Minnesota, 1 p.m.
Baltimore at Buffalo, 1 p.m.
Arizona at Tampa Bay, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Indianapolis at Jacksonville, 1 p.m.
Chicago at Detroit, 1 p.m.
N.Y. Jets at Tennessee, 4:05 p.m.
Philadelphia at Denver, 4:25 p.m.
Dallas at San Diego, 4:25 p.m.
New England at Atlanta, 8:30 p.m.
Monday's game
Miami at New Orleans. 8:40 p.m.

MLS

Friday's game — All Times Eastern Philadelphia at Kansas City, 8 p.m. Saturday's games

D.C. United at Toronto FC, 1 p.m. Real Salt Lake at Vancouver, 7 p.m. Houston at New England, 7:30 p.m. Montreal at Chicago, 8:30 p.m. Sunday's games

Los Angeles at Portland, 3:30 p.m. Columbus at FC Dallas, 8:30 p.m. New York at Seattle, 9 p.m. San Jose at Chivas USA, 11 p.m.



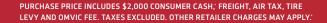


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metronews.ca

DRIVE 23

2014 Mitsubishi Outlander



ALL PHOTOS WHEELBASEMEDIA.COM

Review. Easy on gas and your wallet. Could it find a home in your driveway?

MALCOLM GUNN

wheelbasemedia.com

There's a new face at Mitsubishi that should receive more than just a passing glance. The 2014 Outlander wagon has cleaned up its design act both inside and out for 2014, shedding its dated open-mouth look in the process.

In some respects, the largest vehicle in Mitsubishi's thinnedout fleet appears more like the second-gen edition that served the automaker for the 2007-'09 model years. The styling is much more contemporary, making the Outlander appear just as attractive from the rear as from the front. The 2014 edition still shares the previous Outlander's platform and basic dimensions — length, width and distance between the front and rear wheels - equating to nearly identical space for passengers and cargo as before. However the competition in this bracket is a tad roomier and it's a squeeze when accessing the optional third-row bench of the Outlander.

Regardless of seat assignment, all passengers will be treated to an improved environment. Mitsubishi has upgraded the seats, door panels and dashboard and added more cabin insulation for a quieter ride. As well, the split-folding second and available third rows have been redesigned to fold more

2014 Mitsubishi Outlander

•**Type.** Four-door, front/all-wheel-drive wagon

•Engines (hp). 2.4-litre SOHC I4 (166); 3.0-litre SOHC V6 (224)

 Transmissions. Continuously variable; six-speed automatic (V6)

•Base price (incl. destination) \$27,700

easily. Overall, the Outlander

has shed some 90 kilograms,

which should be a boon to per-

formance. The standard powerplant is a 2.4-litre four-cylinder

that produces 166 horsepower

and 162 pound-feet of torque.

That's down slightly from be-

fore, but with the weight reduc-

dard with the ES, while SE and GT S-AWC trims are fitted with

a 3.0-litre V6 that delivers 224

horsepower and 215 poundfeet of torque. That's a drop of

15 horses, but it's dead even in

torque. For reference, compet-

ing five and seven-passenger

wagons have more output,

and in some cases significantly

more. The 2.4 is hitched to a

continuously variable transmis-

sion that has been adjusted to

more closely mimic a tradition-

al multi-speed automatic, espe-

cially when accelerating from a

stop. Meanwhile, the V6 has ex-

clusive use of a six-speed auto-

matic that has been updated for

Wheel Control" (code for all-

wheel drive) can be ordered

Mitsubishi's "Super

improved fuel economy.

The four-cylinder is stan-

tion it won't be noticed.

Safety

There's a host of available crash-avoiding electronic safety systems designed to keep you in your proper lane, alert you to approaching vehicles from adjacent lanes and help you maintain a safe distance from vehicles directly in front.

Fuel Economy

The four-cylinder engine rates 8.2 l/100 km in the city and 6.3 on the highway (down from 9.0/7.0). The V6 improves to 10.1/7.1 from 10.9/7.8. A driver-controlled "Eco" setting cuts some of the engine power and A/C functionality for further gains, however slight they might be.

Design

The front end returns to an understated and more aerodynamic appearance, which suits the vehicle better than the previous Lancer Evolution-style nose. Let's face it, a seven-passenger rally-race wagon wasn't fooling anyone. Leave that to the five-passenger RVR with its similar grille to explain.



with four-cylinder Outlanders, but is standard with the V6equipped SE and GT. By mid-2014, Mitsubishi will introduce the Outlander PHEV (Plug-in Hybrid Electric Vehicle) with full-time all-wheel-drive.

With a starting price, including destination charges, of \$27,700, the Outlander arrives with the usual basic kit. The SE model adds dual-zone climate control, rearview camera, pushbutton start and heated front seats. The GT S entices with a premium interior, audio package and bright xenon head-

lamps

From that point the load factor can be increased with option packages containing heated leather-covered seats, power sunroof and a Rockford Fosgatebrand sound system, to name a few features. Other than providing room for as many as seven people, the Outlander's strengths might not be readily apparent until you consider its attractive refresh, content improvements and the appealing price tag. It's then that Mitsubishi's flagship wagon starts to make plenty of sense.

Compare



Hyundai Santa Fe Base price: \$26,900



2Chevrolet Traverse Base price: \$34,900



Toyota Highlander Base price: \$33,400

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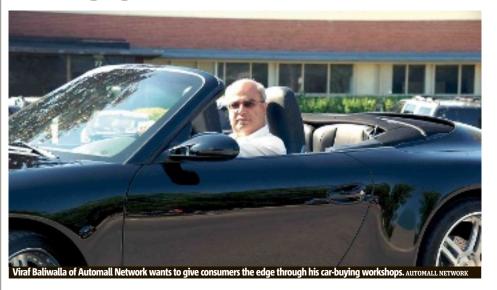
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Limited time lease and finance offers available through Honda Financial Services Inc. (HFS), on approved credit. Selling prices and payments include freight and PDI (ranges from \$1.495 to \$1.640 depending on 2013 model and \$1.695 on advertised 2014 models), EHF tires (\$2.9), EHF filters (\$1), A.() cive ly (\$100 except Civic and Fit DX models), and OMVIC fee (\$5). Excludes taxes, license., insurance, and registration. "Perpresentative bin-weekly lease example: 2013 Civic DX Sedan (Model FBEZDEX) on a 60 month term with 130 bi-weekly payments at 1.99% lease APR. Bi-weekly payment is \$87.40 with \$0 down or equivalent trade-in, \$0 security deposit and first bi-weekly payment due at lease inception. Total lease obligation is \$11,382.23.120.000 kilometre allowance; charge of \$0.12/km for excess kilometres. "Representative bi-weekly flange example: 2013 Civic DX Sedan (Model FBEZDEX) on an 84 month term with 182 bi-weekly payment at 1.99% APR [including \$1,600 Finance incentive and \$431 individual dealer contribution deducted from the negotiated selling price before taxes]. Incentives apply only of Finance contributions at 1.99% APR [including \$1,600 Finance incentive and \$431 individual dealer contribution deducted from the negotiated selling price before taxes]. Incentives of \$16,970. Cost of borrowing is \$1,077.28 for a total finance obligation of \$15,610.6.20 with \$0 down or equivalent trade-in. *Quinter the dealer the price of \$16,970. Cost of borrowing is \$1,077.28 for a total finance obligation of \$15,610.6.20 with \$0 down or equivalent trade-in. *Quinter the dealer the price of \$16,970. Cost of borrowing is \$1,077.28 for a total finance obligation of \$10,010.00 km and the price of \$16,970. Cost of the price of \$16,9

Be top of the class and learn to haggle like a pro



Autopilot. Consumer advocate Viraf Baliwalla has created the first workshop in car buying, allowing you to be one step ahead of the dealers



AUTO PILOT Mike Goetz drive@metronews.ca

New research suggests that some car buyers will negotiate better if they get all sweaty first. This is not about potentially using body odour and/or unsightly pit stains to force car sellers to cave in early during the negotiation process.

According to the MIT researchers, it's all about how "physiological arousal" — expressed as an increased heart rate and body sweat induced by running or fast walking just before a negotiation experience — can make some people perform better when it comes to hammering out the deal.

Unfortunately it just seems to work for people who look forward to negotiation. The arousal makes them feel "revved up" for the competition.

For research participants who dreaded negotiating, "arousal" had the oppos-

ite effect. Increased heart rate and sweaty palms only increased their nervousness, and they almost always reported being bummed out about their subsequent negotiation experiences.

So the folk wisdom to always go into these situations "cool as a cucumber" may have to be revisited, especially if you like to haggle.

Of course, there is another big tool you can leverage to get a better deal on a car — just learn how do to it properly.

One place you're not going to learn how to do it is in the dealership, when you're in the middle of negotiations, says Viraf Baliwalla, a consumer advocate and president of Automall Network, a vehicle buying agency.

"It is not the salesperson's job to educate the buyer, it is their job to try and sell you a car," says Baliwalla.

He notes another reason not to look to your salesperson as your confidant: "The auto industry has conditioned us to buy in a certain way ... a way that favours the auto industry."

He says this is not "dealer bashing," only telling consumers the reality of the marketplace, where they need to be as prepared as the person is sitting across from them at the negotia-

tion table.

To this end, he has created one of the first workshops in the country on car buying. The first one will be held this Saturday at the Kitchener-Waterloo campus of Conestoga College in Ontario (Course Code GINTO292 Car Buying — Saving You Money).

Followup workshops at Conestoga are planned for November and January, and in Toronto for the 2014 winter term.

An online version of the workshop is planned to be available to all consumers across North America sometime in the New Year.

The course will cover the tips and tricks of the auto trade, the process they will experience at the dealership and some number crunching too.

As an example, he notes how consumers typically choose a zero per cent financing option over a cash purchase rebate, even though in some cases they would save thousands by getting their own car loan at their bank at the going interest rate, and grabbing that big cash incentive. It's all in the numbers.

Knowledge sounds like a better tool in the long run than relying on a fast heart rate and a bit of sweat to swing the negotiation in your favour, but it's your call.

UP TO AN EXTRA

(KIA) **GET** TO SEPTEMBER 20TH TO 30TH ON ALL IN-STOCK KIAs

UP TO AN EXTRA



Rio4 SX with Navigation shown

RIO 4-DOOR

HWY (M/T): 5.3L/100KM CITY (M/T): 6.9L/100KM

WAS

EXISTING DISCOUNT

LOAN SAVINGS

UPGRADE BONUS

NOW BI-WEEKLY

Bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, fees, \$900 LOAN SAVINGS and \$500 UPGRADE BONUS*. Offer based on 2013 Rio 4-door LX MT with a purchase price of \$15,783.



Optima Hybrid Premium shown

2013 OPTIMAHYBRID

HWY (A/T): 4.9L/100KM CITY (A/T): 5.4L/100KM

WAS

CASH SAVINGS

UPGRADE BONUS

Offer includes delivery, destination, fees, \$5,600 CASH SAVINGS, \$1,000 ECO-CREDIT and \$1,000 UPGRADE BONUS*. Offer based on 2013 Optima Hybrid Base with a purchase price of \$31,983.



Sportage SX shown[△]

SPORTAGE

HWY (A/T): 6.5L/100KM CITY (A/T): 9.7L/100KM

AVAILABLE ALL-WHEEL DRIVE

WAS

LOAN SAVINGS

UPGRADE BONUS

NOW

BI-WEEKLY

Bi-weekly for 60 months, amortized over 84 months with \$0 DOWN PAYMENT. Offer includes delivery, destination, fees, \$1,000 LOAN SAVINGS and \$750 UPGRADE BONUS*. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of \$24,178.



Rondo EX Luxury shown

THE ALL-NEW 2014

RONDO HWY (M/T): 6.2L/100KM CITY (M/T): 9.4L/100KM

7 SEATING AVAILABLE

INCLUDES

BI-WEEKLY

Bi-weekly for 84 months with \$0 DOWN PAYMENT. Offer includes delivery, destination, fees and \$1,000 UPGRADE BONUS*. Offer based on 2014 Rondo LX MT with a purchase price of \$23,893.



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Kia's new Customer Friendly Pricing includes delivery and destination fees, dealer admin. fee up to \$399 and all mandatory government levies.



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2013 INVENTORY CLEAR-OUT

THEORETICALLY YOU'RE ALMOST TOO LATE

XV CROSSTREK





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\$2,781 DOWN* | 0.9% LEASE RATE*



ALL-WHEEL DRIVE STANDARD

IMPREZA 2.0i







JAPANESE ENGINEERING FROM

\$2,695 DOWN* | 0.9% LEASE RATE* ALL-WHEEL DRIVE STANDARD

EGACY 2.5i









rates from as low as

ALL-WHEEL DRIVE STANDARD



All prices include freight and fees. Excludes HST and licensing.

ON THE GO



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metronews.ca Wednesday, September 25, 2013

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

T Aries

March 21 - April 20 Steer clear of people you think may be talking about you behind your back. You can't stop them from gossiping but you can keep them out of your line of sight, and then they'll

Taurus

be out of mind as well.

April 21 - May 21
The planets are empowering you to make changes you often talk about but always seem to put off. You know it's now or never: Change now or don't change at all.

∐ Gemini May 22 - June 21

You may find it hard to be balanced in your opinions today but make the effort because if you go to extremes, it could rebound on you. Don't be so outspoken that you give rivals a stick to beat you with.

9 Cancer June 22 - July 23

Don't waste time on minor matters. Jupiter in your sign is bringing all sorts of opportunities vour way but you may miss them if your mind is stuck on trivia.

Ω Leo July 24 - Aug. 23

Someone in a position of power will rebuke you for making a mistake and you must stand there and take it. It may not do your ego much good but it will remind you that even Leos have people to answer to.

Wirgo Aug. 24 - Sept. 23 You give people the benefit of

the doubt but there could be problems if you trust too easily today. If you are asked to give

△ Libra

Sept. 24 - Oct. 23

The reason you have not succeeded at something is because you are putting too much time and effort into it. That might sound silly but it is possible to try too hard. Give it a break then come back to it.

M Scorpio

Oct. 24 - Nov. 22 Good things are coming your way and you deserve them but don't start thinking it is all your own work. Others had a hand in your success and you would

₹ Sagittarius

be wise to recognize that.

Nov. 23 - Dec. 21 No matter how annoying someone may be, you are advised to make an effort to be nice to them. Friendships are so important and you can never have too many. Make a friend of an enemy today.

り Capricorn Dec. 22 - Jan. 20

You may have gone out of your way to explain why you have certain views on certain issues but quite clearly not everyone "gets it". Don't waste any more time on them.

Jan. 21 - Feb. 19

A rival who does not have the guts to challenge you directly will try to undermine your position today. Be on guard and make sure people in positions of authority know why you're the one to trust.

) (Pisces

Feb. 20 - March 20

Jupiter, planet of expansion, is on your side and you should aiming to make a name for yourself. What creative talent do you have that is much in demand? SALLY BROMPTON

Crossword: Canada Across and Down

- 1. Noise, for short 4. Minestrone, and others
- 9. Fancy affairs 12. Ode. for one 14. Actress Ms. Raymonde
- 15. American state 16. Canadian comedian hosting new trivia
- game show "Spin Off": 2 wds. 18. Hairstyling hues 19. BC's __ Valley 20. Canadian current
- events magazine 22. British explorer-in-Canada Mr. Hudson
- 23. Canadian figure skater Patrick 24. Nova Scotia's provincial bird
- 28. Particulars 32. Hail _ __ (Taxi!) 35. L'Isle- -Coudres.
- Quebec 36. Pot holder 37. Make the history books by winning a race in what?: 3 wds. 40. Arctic-set silent documentary film
- of 1922, "__ of the North" 41. Iron's partner 42. Original matter, in Cosmology
- 43. Plods along 44. Aim
- 46. Wild cherry 48. "Pardon me..."



- 52. Updated versions 56. Be inconspicuous:
- 2 wds. 57. Joanie's portrayer 58. Be a Member of Parliament, for instance: 2 wds. 60. PBS culinary show,

"Simply __"
61. Linda of "Dynasty"

- 62. Marijuana puff 63. Positive response 64. French painter Edgar (b.1834 -
- d.1917)
- 1. Canadian rapper,
- _ K
- 2. __ prosequi (Not proceeding, in law) 3. Canadian broadcaster Mr. Soltendieck 4. Comic books legend Mr. Lee 5. Katharine Henburn's tree 6. F pluribus _ (Out

of Many, One)

- 7. High†seas robbery 8. Louis Armstrona nickname, Ambassador 9. ELO hit: 2 wds.
- 10. Actor Mr. Wilson 11. Canadian singer Ms. Jordan 13. Twitter = 15. 21st-century

- crime: 2 wds.
- 17. Mr. Romano's 21. Scottish land-
- owner 25. City's green area 26. Ms. McClanahan
- 27. Former prisoner,
- commonly 29. Santana's "
- 30. Same: French
- 31. Base
- 32. Grass appendages
- 33. " Miner's
- Daughter" (1980)
- 34. River of Florence
- 36. Maple, for one
- 38. Amounts of
- medicine
- 39. Food fragment
- 44. Struck by Cupid's
- 45. Newbie
- 47. Sounded satisfied
- 49. Silas Marner
- author. George
- 50. Razzes
- 51. Tidy the floor
- 52. Winnipeg-born
- singer Mr. Shand
- 53. Fort , Ontario 54. Wines: French
- 55. Smelting waste
- 56. Deprivation
- 59. Genetic letters

Yesterday's Crossword

_														
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How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved

8	4	5	8	9	2	1	7	3
1	7	8	6	3	4	9	2	ě
2	9	3	1	7	5	8	8	4
В	3	4	7	1	9	6	5	1
9	6	2	5	4	8	3	1	7
5	1	7	3	2	6	4	8	5
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3	2	6	4	8	7	5	9	1
4	5	9	2	8	1	7	3	8

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20"/8" Sunny



20°/8" Partly cloudy Your #1 weather forecast now available in HD. Chack your local furings for details. Statement HD

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Gold Buying Prices by Karat

Karat | Price/gram

1 ounce (9999) Maple Leaf Coins (sealed)	\$1,313.44/co
9999 Canada Maple leaf, less than 1 ounce	\$42.23/g
24k Jewellery	\$32.73/g
22k	\$29.98/g
E. Indian/Nuggets	\$26.58/g
18k	\$24.55/g
Dental Gold (yellow)	\$19.97/g
14k	\$19.08/g
10k	\$13.62/g
9k	\$12.27/g
Unstamped Gold < 10kt	\$10.47/g
Dental Gold (white)	\$8.18/g

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\$22.26/coin Maple Leaf (1 ounce Silver)

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*Actual buying prices are based on weight of silver content,

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Purity: Stamped Sterling Silver Flatware Weight: 50g

PRICE: \$21.50

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